

North African Sweet Couscous with Almonds and Pistachios

Ingredients

1 cup couscous, uncooked
2 cups unsweetened 100% fruit juice (mixed blend of light-colored juices is optimal choice, i.e. apple-strawberry-orange juice)
2 Tablespoon water
1/4 cup almonds, slivered
1/4 cup pistachios (shelled)
1 Tablespoon 70% vegetable oil margarine spread
1 teaspoon cinnamon
Optional: 1 Tablespoon fresh pomegranate seeds

Directions

Place juice and water in a small saucepan, cover and bring to a boil. Add couscous, cover, and cook for 5 minutes. While couscous is cooking, grind almonds and pistachios in a food processor, blender, or nut grinder. After couscous has cooked for 5 minutes, remove from heat, and stir in ground nuts and margarine spread with a fork to distribute ingredients and fluff couscous. Heap couscous in a serving bowl and sprinkle with cinnamon and pomegranate seeds (optional). This may be served at room temperature.

Servings: 8 – 1/3 c. servings

Nutrition values per serving: 157 calories, 5 g fat, 1 g saturated fat, 17 mg sodium, 26 g carbohydrate, 2 g fiber, 4 g protein

Recipe on loan from: Sharon Palmer, RD, author of *The Plant-Powered Diet* (2012).